



HEALTHY BANANA BREAD

The Best Healthy Banana Bread

 10 minutes
 1 hour and 10 minutes
 12 portions

INGREDIENTS

- 75 grams of butter, unsalted
- 1/4 cup of honey [85 g]
- 5 medium units [7" to 7-7/8" long] of bananas, raw [590 g]
- 2 large units of egg, whole, raw, fresh [100 g]
- 1 tsp of leavening agents, baking soda [5 g]
- 1/2 level teaspoon of salt [3 g]
- 1/2 teaspoon of cinnamon, ground [2 g]
- 1 tsp of vanilla extract [4 g]
- 2 cups of wheat flour, white, all-purpose, unenriched [250 g]
- 2 tablespoons of poppy seeds [24 g]

COOKING METHOD

- 1° Preheat the oven to 180. Line a loaf tin with grease proof paper
- 2° Melt the butter in a large bowl in the microwave
- 3° Add the honey and the already mashed banana to the bowl and mix thoroughly
- 4° Whisk in the eggs
- 5° Add the baking soda, salt, cinnamon, and vanilla to the bowl.
- 6° Whisk until well combined.
- 7° Add the flour and fold in with a rubber spatula until just combined - try not to over mix.
- 8° Pour into the lined loaf tin.
- 9° Sprinkle the poppy seeds over the top
- 10° Bake for around 1hour - checking that a knife comes out clean. If it seems to be over browning but the middle is not cooked, cover with foil.
- 11° Let it rest for 10 minutes before turning out onto a cooling rack.
- 12° This will keep at room temperature for upto 5 days, or slice and freeze and take out what you need an hour or so before required.

NUTRITIONAL INFORMATION

| | PER 100 g | PER SLICE [95 g] | % DRI |
|------------------------------|-----------|------------------|-------|
| ENERGY | 212 kcal | 200 kcal | 10 % |
| PROTEIN | 4 g | 4 g | 8 % |
| CARBOHYDRATE | 35 g | 33 g | 13 % |
| SUGARS | 13 g | 12 g | 13 % |
| FAT | 8 g | 7 g | 10 % |
| FATTY ACIDS, TOTAL SATURATED | 4 g | 4 g | 19 % |
| FIBER | 2 g | 2 g | 8 % |
| SODIUM | 212 mg | 201 mg | 8 % |